

Family-to-Family is a **free** educational program that teaches caregivers, family members, and friends how to support and advocate for individuals with serious mental illness. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with mental illness. The program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. In the program, you'll help others and learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

**Great Basin College,
High Tech Center
Room 111,**

**1500 College Parkway Elko, NV
(on the corner of Burns & Elm
across from the main campus)**

**Every Saturday
Jan 30 thru March 5
10 AM - 4 PM**



**Info & Advance Registration
Contact Lea: 775-389-0828 or
elkonamiclasses@gmail.com**

**Complimentary
lunch will
be provided**